

November Program Highlights

Urbana Senior Center

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Lunch with Nurse Steve: Diabetes Talk

Nurse Steve's talk will be "What can I do to prevent or control diabetes: a discussion of the signs, symptoms, treatment and prevention of diabetes."

Date: Thursday, November 10

Sign-up by Thursday, November 3

Time: Noon **Cost:** \$4.68 (Regular meal cost)

The Inside Scoop: Dangers Lurking in Your Medicine Cabinet

Did you know one of the major drug sources of opioids for young people is grandma's medicine cabinet? A local physician will be discussing the increased use of opioids among all age groups, alternatives, safe medications storage/disposal, etc.

Date: Tuesday, November 15

Sign-up by Thursday, November 10

Time: 5:30 p.m. Fried Chicken Dinner

6:00 p.m. Talk/Discussion

Cost: \$5.00 for the meal

Thanksgiving Luncheon

Celebrate Thanksgiving at the senior center! Menu includes: fruit cocktail, carved turkey breast, stuffing, mashed potatoes, sauerkraut, green beans, cranberry sauce & pumpkin pie

Date: Tuesday, November 22

Sign-up by Tuesday, November 15

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Exercise Classes

Daily Exercise, Mon-Thurs. 10:45 a.m.

Basic Tai Chi, Mondays, Noon

Advanced Tai Chi, Mondays, 1:00 p.m.

Yoga, Wednesdays, 12:30 p.m.

Line Dancing, Thursdays, 1:30 p.m.

Lunch and Learn: Vein Disease

Do you have spider veins? Varicose veins? Tired, achy, heavy legs? The Center for Vein Restoration will talk about relieving leg pain and eliminating unsightly veins.

Date: Wednesday, November 2

Sign-up by Monday, October 31

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Paint Party

It's a Paint Party on Election Day! Create art as you add your interpretation to step-by-step instructions of recreating a unique painting. Light refreshments will be served.

Date: Tuesday, November 8

Time: 3:00 p.m. **Cost:** \$3.00

MAP: Taking the Chill Off

Learn about programs that may assist you with high energy costs or unpaid energy bills.

There are also programs that may assist you in repairing or replacing broken heating sources and other home repairs. Maryland Access Point (MAP) provides information and assistance to area residents.

Date: Wednesday, November 9

Time: 11:30 a.m. **Cost:** Free

Supper Club: Tues., Nov. 1, 5:00 p.m.

Miyako Japanese Steak House

Book Club: Mon., Nov. 7, 1:15 p.m.

Iron House by John Hart

Artful Creations: Wed., Nov. 16, 1:00 p.m.

Thanksgiving Cookies, \$3.00

Teens Teach Tech: Thurs., Nov. 17 10:30 a.m.

Thanksgiving Bingo: Wed., Nov. 23, 1:00 p.m.



(see other side for calendar of activities)